Don't rock the bus

The city's executive committee is reviewing "merry Christmas" messages on buses after fielding complaints, but at least three councillors think the greeting is well intentioned

PAGE 3

EBOOK CONFIDENTIAL

EVERYBODY'S GOT A NOVEL IN THEM, RIGHT? THESE FIVE TIPS WILL HELP YOU GET IN ON THE ELECTRONIC-BOOK EXPLOSION PAGE 7

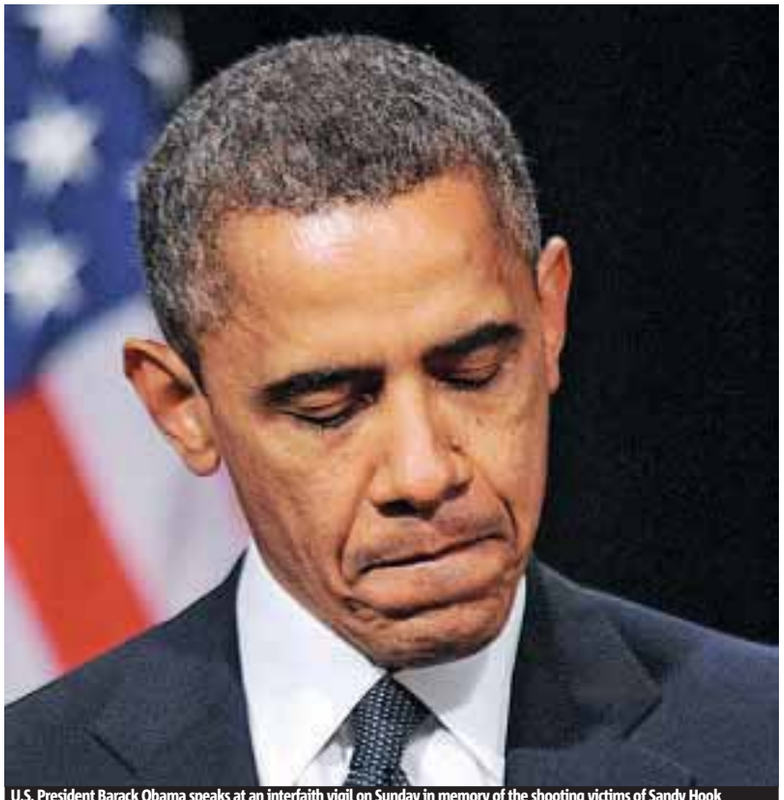
SASKATOON metro®

Monday, December 17, 2012

News worth sharing.

metronews.ca | twitter.com/metrosaskatoon | facebook.com/metrosaskatoon

'These tragedies must end'



U.S. President Barack Obama speaks at an interfaith vigil on Sunday in memory of the shooting victims of Sandy Hook Elementary School in Newtown, Conn. In an impassioned speech, Obama noted this was the fourth time in his presidency he had to visit a community in the aftermath of a mass shooting. More coverage, page 4. OLIVIER DOULIERY/POOL/GETTY IMAGES

Newtown, Conn.

Barack Obama pays tribute to the victims of Friday's mass shooting

He spoke for a nation in sorrow, but the slaughter of all those little boys and girls left U.S. President Barack Obama, like so many others, reaching for words. Alone on a spare stage after the worst single day of his presidency, Obama was a parent in grief.

"I am very mindful that mere words cannot match the depth of your sorrow, nor can they heal your wounded hearts," Obama said at an evening vigil in the grieving community of Newtown, Conn. "I can only hope that it helps for you to know that you are not alone in your grief."

The massacre on Friday of 26 children and adults at Sandy Hook Elementary elicited horror around the world, soul-searching in the United States, fresh political debate about gun control and questions about the incomprehensible — what drove the suspect to act.

It also left a newly re-elected president openly grappling for bigger answers. "Can we say that we're truly doing enough to give all the children of this country the chance they deserve to live out their lives in happiness and with purpose? I've been reflecting on this the last few days," Obama said as some in the audience wept.

"If we're honest with ourselves, the answer is no."

He promised to lead a national effort but left unclear what it would be and how much it would address the explosive issue of gun control.

"What choice do we have?" Obama said. "Are we really prepared to say that we're powerless in the face of such carnage, that the politics are too hard?"

"We can't tolerate this any more," he said. "These tragedies must end. And to end them, we must change."

He closed his remarks by slowly reading the first names of each of the 26 victims.

For Obama, ending his fourth year in office, it was another sorrowful visit to another community in disbelief. All the victims were killed up close by multiple rifle shots. The toll: six adults and 20 boys and girls, all of whom were just six or seven years old.

Privately, Obama told Connecticut Gov. Dannel Malloy that Friday was the most difficult day of his presidency.

Authorities said Sunday that the gunman — alleged to be Adam Lanza — was carrying an arsenal of hundreds of rounds of especially deadly ammunition — enough to kill just about every student in the school if given enough time, raising the chilling possibility that the bloodbath could have been far worse.

The disclosure sent shudders throughout the community as grieving families sought to comfort each other during church services.

Many of Newtown's 27,000 people wondered if life could ever return to normal. And as the work week was set to begin, parents weighed whether to send their own children back to school.

"I feel like we have to get back to normal but I don't know if there is a normal anymore," said Kim Camputo, mother of two children, ages five and 10, who attend a different school. "I'll definitely be dropping them off and picking them up myself for a while."

THE ASSOCIATED PRESS

A child's question

"The little children, are they with the angels?"

A six-year-old Newtown girl to her mother, in the aftermath of the carnage

Unlimited with all the trimmings

The unlimited Canada wide Smart combo

Includes the Fido ADVANTAGE

moga

Exclusive Dealer fido

Offers subject to change without notice. A one-time $35 Activation Fee applies; receive a credit for the entire amount of the $35 Activation Fee on your invoice with new activation on a 2- or 3-yearFido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. Subject to Fido Terms and Conditions & Acceptable Use Policy,fido.ca/terms. 1. Includes calls from Canada to Canadian numbers. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. 2. Plan includes messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. 3. Additional data: $10/1 GB, charged in $10 increments. Data transmission chargers of 0.6¢/kb apply when roaming. 4. Compatible phone required, not all numbers can be identified. By subscribing, user accepts message being processed outside Canada. 5. With new activation on a 2-year Fido Agreement on aSmart plan. Taxes extra. ™Fido and related names & logos are trademarks used under license. ©2012 Fido Solutions

Exclusive offer ends December 31.

Get $100 off any smartphone

to celebrate our new AWC Communications location.

Visit us today at 20 Betts Avenue for this exclusive $100 offer.*

20 Betts Avenue
Saskatoon, SK S7M 1L2

TELUS
the future is friendly

*$100 in-store credit is on select devices and accessories when renewing or activating on a 3 year term. $100 in-store credit applies to handset first, then accessories. $100 credit is non-transferable or redeemable for cash. Featured devices are on a 3 year term with a $50 monthly spend before taxes. Offer valid from November 21, 2012, to December 31, 2012, at the AWC Communications store located at 20 Betts Avenue only. TELUS, the TELUS logo and the future is friendly are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2012 TELUS.

NEWS

Outbreak.
No visitors allowed at hospital today

St. Paul's Hospital in Saskatoon will remain closed to visitors on Monday.

The Saskatoon Health Region (SHR) says one new case of symptoms possibly related to an outbreak of the virus has been reported over the weekend.

"There was one case that we're still determining," said Dan McGeady, a communications consultant with the SHR on Sunday.

"It's a staff member, but it's not a staff member from the affected unit."

McGeady explained the SHR is still trying to determine if the symptoms reported over the weekend were related to the contaminated units in the hospital or if it was an illness picked up in the community.

Five surgeries were cancelled last week as a result of the outbreak, and McGeady explained there have been no cancellations for the upcoming week at this time.

"If a surgery is going to be cancelled, we'll be notifying that person, in person, ahead of time," he said.

Although the hospital is closed to visitors, McGeady said the SHR would work with those wanting to see family members on a case-by-case basis.

"If there is a pressing issue to see a family member, we will work with the family member to see what we can do," he said.

"There is really no definitive yes or no."

Two units in the hospital have been affected by the gastrointestinal illness and roughly 33 people have shown symptoms since Dec. 7. More information is expected today.

MORGAN MODJESKI/METRO

Saskatoon's executive committee will be reviewing "merry Christmas" messages on municipal buses after a complainant called them "extremely inappropriate and extremely discriminatory." JANE CAULFIELD/METRO

Holiday bus message under city review

Committee.
Discrimination complaint leads council members to discuss greeting, plan to recognize other faith-based holidays

MORGAN MODJESKI
morgan.modjeski@metronews.ca

At least three city councillors will be voting to keep "merry Christmas" on municipal buses.

In a complaint filed to the city, Saskatoon atheist Ashu M. G. Solo said he feels the messages are discriminatory. As a result, Saskatoon's executive committee will be reviewing the messages and then pass its recommendation to city council.

Eric Olauson, councillor for Ward 8, said he'd be voting to keep the message.

"I think the messages are good and I think they need to stay there," said Olauson. "They express the feelings that the citizens are trying to convey to other citizens."

Olauson explained he feels the message is simply a festive greeting.

"Merry Christmas is how I wish people around me in Saskatoon — regardless of faith or religion — a happy season," said Olauson.

"Likewise, if I run into somebody from another religion or faith, if they say happy Hanukkah, happy Kwanzaa or happy Eid, that's how I take it as well."

Good tidings

"The message should be taken in the spirit it was intended, and it was intended as one of peace and goodwill."

Zach Jeffries, councillor for Ward 10, on why the "merry Christmas" bus message is inclusive to people of all faiths

Zach Jeffries, councillor for Ward 10, said that although Christmas is rooted in religion, he feels it's inherited a modern meaning.

"When I look at the issue, I look at all the folks who celebrate Christmas as something that's just part of our culture and in a way that it's celebrated not necessarily as a religious holiday but as a secular holiday with religious roots," said Jeffries.

"The message should be taken in the spirit in which it was intended, and it was definitely intended as one of peace and goodwill."

Darren Hill, councillor for Ward 1, expressed a similar opinion.

"Christmas means different things to different people, and I don't think you're going to see a decision from executive council to remove it," said Hill.

He continued: "If anything, what you will see is probably a recommendation for administration to establish a policy that might also enable us to recognize other faith-based holidays throughout the course of the year."

CA$HOPOLIS
WE ALSO PAY CASH for GOLD!
BUY SELL TRADE
INSTANT CASH FOR QUALITY USED GOODS
Home Electronics • Home Video
Automotive • Car Audio • Tools • Video Games
Cameras • Musical Instruments
Sporting Goods • House Wares
1521 Idylwyld • 306.934.2274 • cashopolis.ca
The Big Blue Building on Idylwyld!

School massacre. Leftover ammo suggests an even deadlier plan: Police

The gunman in the Connecticut shooting rampage was carrying an arsenal of hundreds of rounds of especially deadly ammunition — enough to kill just about every student in the school if given enough time, authorities said Sunday, raising the chilling possibility that the bloodbath could have been even worse.

Hours later, President Barack Obama told mourners at a vigil that the nation is failing to keep its children safe. He pledged to seek change in memory of the 26 teachers and schoolchildren who were killed in the second-deadliest school shooting in U.S. history.

The gunman, Adam Lanza, shot himself in the head just as he heard police drawing near to the classroom where he was slaughtering helpless children, but he had more ammunition at the ready in the form of multiple, high-capacity clips.

Police said they found hundreds of unused bullets at the school, which enrolled about 450 students in kindergarten through fourth grade.

"There was a lot of ammo, a lot of clips," said state police Lt. Paul Vance. "Certainly a lot of lives were potentially saved."

Adam Lanza posing for a photo that appeared in the Newtown High School yearbook. THE ASSOCIATED PRESS

The disclosure on Sunday sent shudders throughout this picturesque New England community as grieving families sought to comfort each other.

With so much grieving left to do, many of Newtown's 27,000 people wondered whether life could ever return to normal. And as the workweek was set to begin, parents weighed whether to send their own children back to school.

THE ASSOCIATED PRESS

Silver lining. Stories of bravery continue to emerge after shooting

A worker who turned on the intercom, alerting others in the building that something was very wrong. A custodian who risked his life by running through the halls warning of danger. A clerk who led 18 children on their hands and knees to safety, then gave them paper and crayons to keep them calm and quiet.

Out of the ruins of families that lost a precious child, sister or mother, out of a tight-knit town roiling with grief, glows one bright spot: the stories of staff members at Sandy Hook Elementary School, who may have prevented further carnage through selfless actions and smart snap judgments.

People mourn the loss of Victoria Soto, the first-grade teacher who was killed while protecting her students. JARED WICKERHAM/GETTY IMAGES

THE ASSOCIATED PRESS

No one harmed

Churchgoers flee after phone threat

Worshippers hurriedly left St. Rose of Lima Church Sunday when someone phoned in a threat.

The threat interrupted a crowded mass and touched off a large police response days after the worst massacre of school-age children in U.S. history.

Eight child victims, the gunman, and his mother attended St. Rose of Lima.

THE ASSOCIATED PRESS

More online

Read and see more about the Newton, Conn., school shooting at metronews.ca, including:

- Portraits of shooting victims show lives at their very start, ended in a hail of gunfire.
- Gunman's father speaks of sympathy and heartbreak.

U.S. Democrats call for gun restrictions

Second Amendment doubts. Advocates say the latest shooting in Connecticut could be a tipping point in contentious debate

Democratic lawmakers said Sunday that military-style assault weapons should be banned and that a national commission should be established to examine mass shootings in the United States.

The proposals were among the first to come from Congress in the wake of Friday's school shooting in Newtown, Conn.

"Assault weapons were developed for the U.S. military, not commercial gun manufacturers," independent Sen. Joe Lieberman, a former Democrat, said before a vigil Sunday night in Newtown.

"This is a moment to start a very serious national conversation about violence in our society, particularly about these acts of mass violence," said the Connecticut senator.

Gun-rights activists remained largely quiet on the issue, all but one declining to appear on the Sunday talk shows. Meanwhile, Democrats vowed action and said it was time to hear from voters — not gun lobbyists — on how to prevent the next shooting.

Speaking Sunday night at a vigil in Newtown, President Barack Obama did not specifically address gun control. But he vowed, "In the coming weeks I'll use whatever power this office holds to engage my fellow citizens, from law enforcement to mental-health professionals to parents and educators in an effort aimed at preventing more tragedies like this."

Cheryl Girardi, of Middletown, Conn., kneels beside 26 teddy bears, each representing a victim of the Sandy Hook Elementary School shooting, at a sidewalk memorial on Sunday in Newtown, Conn. A gunman walked into the elementary school in Newtown on Friday and opened fire, killing 26 people. DAVID GOLDMAN/THE ASSOCIATED PRESS

Congress has frequently turned to independent bipartisan commissions to try to solve the nation's worst problems, including the Sept. 11, 2001 terrorist attacks, the Iraq war and the failing economy. But lawmakers are often reluctant to act on the recommendations of outsiders, especially if they think it will cost them support in their home states.

Still, Lieberman defended the idea of a national commission as the only way to ensure that the "heartbreak and anger" of the Connecticut shooting doesn't dissipate over time.

THE ASSOCIATED PRESS

Deadly politics

Obama and Senate Democrats haven't pushed for new gun controls since rising to power in the 2008 national elections. Outspoken advocates for stricter laws, including Sen. Dianne Feinstein, say that's because of the powerful sway of the National Rifle Association.

- **Tipping point.** But advocates also say the latest shooting is a tipping point that could change the dynamic of the debate dramatically. Feinstein said she will propose legislation next year that would ban big clips, drums and strips of more than 10 bullets.
- **Bloomberg.** New York Mayor Michael Bloomberg said Obama could use executive powers to enforce existing gun laws, as well as throw his weight behind legislation like Feinstein's.

Victim mourned in Winnipeg

Ana Marquez-Greene, right, poses with her family. The six-year-old was killed Friday in the Newtown, Conn., massacre. FACEBOOK.COM

Members of a Winnipeg church and school are mourning a six-year-old girl, described as bright and talented, who died in a horrific school shooting in the U.S. on Friday.

Ana Marquez-Greene was one of the 20 children murdered in Newtown, Conn., in a rampage that left 28 dead. Ana, who moved back to Connecticut with her family after a few years in Winnipeg, was the daughter of University of Manitoba professor Jimmy Greene, an accomplished saxophone player.

Greene issued a statement via his Facebook page this weekend.

"Thank you for all of your prayers and kind words of support," reads the posting that was put up Saturday. "As we work through this nightmare, we're reminded how much we're loved and supported on this earth and by our Father in heaven.... I love you sweetie girl."

Her brother, Isaiah, was also at the school during the shooting but escaped unharmed.

ELISHA DACEY/METRO IN WINNIPEG/ WITH FILES FROM THE CANADIAN PRESS

IT'S WHAT THEY WANT.

PURE REWARDS

Redeem any coupon to receive
20,000 Bonus Pure Points
with purchase of these CD's

$12.99 each

P!NK - THE TRUTH ABOUT LOVE

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.

PURE BONUS CODE: 885302

$12.99 each

KE$HA - WARRIOR

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.

PURE BONUS CODE: 885300

$12.99 each

PITBULL - GLOBAL WARMING

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.

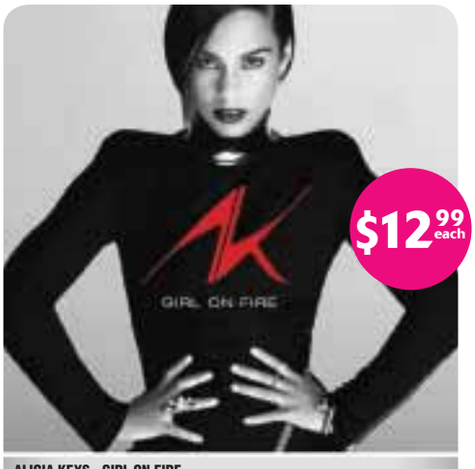
PURE BONUS CODE: 885301

$12.99 each

KELLY CLARKSON - GREATEST HITS • CHAPTER ONE

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.

PURE BONUS CODE: 885294



$12.99 each

ALICIA KEYS - GIRL ON FIRE

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.

PURE BONUS CODE: 885295

$12.99 each

CHRISTINA AGUILERA - LOTUS

Price applies to the regular editions and is in effect December 10-23, 2012 at HMV Canada retail locations only. HMV reserves the right to limit quantities and cease offer at any time. Offer in effect December 10-23, 2012 only at HMV Canada locations. Coupon must be presented at the time of purchase to redeem bonus points. Terms of use are subject to change and HMV reserves the right to terminate offer at any time. Facsimiles or reproductions are prohibited. Pure Points are calculated based on the net pre-tax purchase price (less applicable discounts) of the item. LIMIT: One Pure Point bonus per member. A valid pure membership must be presented at the time of purchase.

PURE BONUS CODE: 885298

VISIT clubmetro.com TO ENTER

WIN A $1000 HMV GIFT CARD

No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

hmv

Groups in Egypt call for redo of referendum's first phase

Alleged violations. Ruling party accused of tampering with polling stations

Egyptian rights groups called Sunday for a repeat of the first round of the constitutional referendum, alleging the vote was marred by widespread violations. Islamists who back the disputed charter claimed they were in the lead with a majority of "yes" votes, though official results have not been announced.

Representatives of seven rights groups charged that there was insufficient supervision by judges in Saturday's vote in 10 of Egypt's 27 provinces and independent monitors were prevented from witnessing vote counts.

The representatives told a news conference that they had reports of individuals falsely identifying themselves as judges, of women prevented from voting and that members of Islamist President Mohammed Morsi's Muslim Brotherhood were allowed inside polling stations. They also complained that some polling centres closed earlier than scheduled and that Christians were denied entry to polling stations.

The vote is the latest stage in a near two-year struggle over Egypt's identity since the ouster of longtime leader Hosni Mubarak in a popular uprising. The latest crisis over the Islamist-backed charter evolved into a fight — deadly at times — over whether Egypt should move toward a religious state under Morsi's Brotherhood and their ultraconservative Salafi allies, or one that retains secular traditions and an Islamic character. THE ASSOCIATED PRESS

Security

120,000

The number of army troops that were deployed to help police protect polling stations and state institutions.

A man walks near barbed wire set up by protesters in Tahrir Square in Cairo on Sunday. Key Egyptian rights groups called for another vote of the first round of the constitutional referendum. AMR NABIL/THE ASSOCIATED PRESS

Kim Jong Il mourned after successful launch

North Korea parlayed the success of last week's rocket launch to glorify leader Kim Jong Un and his late father on Sunday, the eve of the first anniversary of his death.

The successful firing of the rocket on Wednesday — ostensibly to place a satellite in space — was a clear sign that Kim will continue his father Kim Jong Il's militaristic hardline policies despite international condemnation.

The West sees the rocket as a thinly disguised way of carrying out UN-banned tests of long-range missile technology, which it says not only threatens regional stability but is also a waste of resources when millions of North Koreans have little to eat in the famine-beset country crying out for economic reforms.

It is also feared that after the rocket launch, Pyongyang will press ahead with a nuclear test to build a warhead small enough to be carried by a long-range missile. Wednesday's launch was North Korea's second attempt in eight months to fulfil Kim Jong Il's 14-year quest to put a satellite into space. THE ASSOCIATED PRESS

Professional Institute of MASSAGE THERAPY

NOW ACCEPTING APPLICATIONS FOR THE JANUARY ADVANCED MASSAGE THERAPY PROGRAM

APPLY ON LINE TODAY!

VISIT OUR NEW CAMPUS
114 - 701 CYNTHIA ST
PHONE 306-955-5833
PIMTMASSAGE.COM

VISIT US ON FACEBOOK
facebook.com/PIMTMassage

Civil war. Iran proposes plans to end Syrian bloodshed, backs Assad

Iran is backing presidential elections in Syria as part of a six-point plan outlined Sunday to halt the 21-month civil war in Tehran's main Middle East ally.

The plan, described by state media and Iranian news agencies, also calls for efforts to halt the flow of weapons into Syria and to hold talks that include the government of Syrian president Bashar Assad.

Iran in the past has offered initiatives to end the Syrian bloodshed, but none are likely to gain any momentum with the main rebel forces that view Tehran as discredited by its close ties to Assad. On Saturday, Iran's Foreign Minister Ali Akbar Salehi said Iran would do all it could to keep Assad in power.

The latest proposals were offered during the opening of a two-day conference that includes 200 Syrian religious and political figures and envoys from countries including Syrian neighbours Turkey, Iraq and Lebanon, according to the semi-official Fars news agency. Key Syrian rebel figures did not attend.

Fars said the plan included efforts to halt the flow of arms into Syria, an apparent reference to rebel backing by rival nations, including Turkey and Gulf Arab states such as Qatar and Saudi Arabia. Iran also is believed to supply Assad's military with assistance.

Later steps include creating a transitional government to lead Syria toward parliamentary and presidential elections. The reports gave no indication whether Assad could seek to remain in power under the Iran-backed plan.

In the statement, Iran also called for release of political prisoners and reconstruction of areas damaged in the fighting.

Iran's Supreme Leader Ayatollah Ali Khamenei has called on the Syrian rebel forces to end the uprising and hold talks with Assad — a move that's been soundly rejected by opposition leaders. THE ASSOCIATED PRESS

Syrian President Bashar Assad
THE ASSOCIATED PRESS FILE

Japan

Right-wing party wins election in landslide vote

Japan's conservative Liberal Democratic Party returned to power in a landslide election victory Sunday after three years in opposition, according to early returns, signalling a rightward shift in the government that could further heighten tensions with China, a key economic partner as well as rival. THE ASSOCIATED PRESS

Headache

Clinton suffers concussion

Secretary of State Hillary Clinton sustained a concussion last week after becoming extremely dehydrated and fainting while suffering from a stomach virus, the State Department said.

The doctors did not determine it to be a "severe" concussion, the official said. THE ASSOCIATED PRESS

Venezuela

Chavez recovers as country goes to polls

Venezuelans were choosing governors and state lawmakers on Sunday in elections seen as a key test of whether President Hugo Chavez's movement can endure if the socialist leader leaves the political stage.

The vote was the first time in Chavez's nearly 14-year-old presidency that he has been unable to actively campaign. THE ASSOCIATED PRESS

Gunfight

Taliban militants dead after airport raid

Pakistani security forces cornered the last members of a group of Taliban militants who staged a deadly raid on an airport in the country's troubled northwest, and all five died in the ensuing firefight Sunday, officials said.

Three were shot by the security forces and two others blew themselves up in the nearby village where they had holed up, the officials said. THE ASSOCIATED PRESS

Avoiding pitfalls of self-publishing

Going it alone. Here are five tips to help you get in on the ebook explosion in 2013

From left, a Kobo eReader Touch, an Amazon Kindle, an Aluratek Libre Air and a Barnes & Noble Nook are displayed. Platforms that offer authors an alternate way to get published — including Kobo Writing Life, Amazon Kindle Direct Publishing and iBooks Author — have led to a boom in self-publishing. THE ASSOCIATED PRESS FILE

In 2012, Douglas & McIntyre filed for bankruptcy protection, Random House of Canada become the sole owner of McClelland & Stewart, and Penguin and Random House planned to merge.

It's perhaps no surprise that year also saw an explosion in online self-publishing, with a wealth of platforms — including Kobo Writing Life, Amazon Kindle Direct Publishing and iBooks Author — offering authors an alternate avenue.

"We're actually hearing from a lot of different types of authors, some brand new and some successful ... that have had traditional contracts that are just using self-publishing to experiment with new stuff or put books out that they wanted to do on a different cycle than their traditional publishers were," says Libby Johnson McKee, director of Kindle Direct Publishing.

If you have dreams of being a self-publishing sensation in 2013, here are tips on how to stand out:

1 The moment you start writing the book, begin building your marketing platform.

"The hardest thing about self-publishing is marketing, not writing, and people find this out too late," says author Guy Kawasaki, who has self-published two books and explains how to do so in the newly released APE: Author, Publisher, Entrepreneur — How to Publish Your Book.

He recommends spending two to three hours a day on writing, and one hour a day building a marketing platform on social media sites such as Google Plus, Facebook, Twitter and LinkedIn.

2 It sounds simple but — write a great book (and know your audience).

"Bad books just don't sell," says Johnson McKee. "And if you write a great book and really work hard on getting your message right, the craft of writing is still the thing that wins the day."

Browse blogs of authors in the same genre and understand what fans like to read.

3 Once the book is written, start crowdsourcing. Get fans, friends, colleagues and others to copy edit and/or review the book.

"Do this immediately before it goes on sale, so that as soon as it goes on sale you have a bunch of great reviews for the book," says Kawasaki (he sent APE in full format to about 1,000 people before he self-published it, and just three days after it went on sale it had about 135 online reviews).

4 Lure in readers by putting your work on various sites and devices. And create catchy metadata, which includes the cover, title, description, biography, and price.

"People judge a book by its cover, they do, so I would strongly recommend that authors consider using a professional cover designer and investing the time and effort in that," says Mark Lefebvre, director of self-publishing and author relations at Kobo.

As with an ebook's text, the cover can also be changed once it's out in digital format.

5 Write another great book as soon as possible. Lefebvre notes that passionate and dedicated readers will whip through a book and immediately check to see if authors have written anything else.

This rule is particularly important for genre writers, adds Johnson McKee. "Those types of readers are voracious," she says.

THE CANADIAN PRESS

Protesting the privatization of health care

A man holds a dummy depicting a health worker on Sunday during a demonstration in Madrid against cuts to public health care and the privatization of medical centres and hospitals. In Madrid, doctors have already staged 16 days of strikes and health workers' unions are calling for a third 48-hour strike on Dec. 19 and 20. Around 4,000 operations have been suspended in the city since the medical strikes started. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

comwave
Home Phone
Get a Comwave home phone line
...Absolutely FREE!
Keep your existing phone number!
All Features FREE
Limited time offer... Call today!
6 Months FREE
Home Phone Service
Home Phone Unlimited Local
Unlimited local calling
14 free features
$14.95/month
Home Phone Unlimited Canada
14 free features
Unlimited Canada calling
$19.95/month
Home Phone Unlimited Global
14 free features
Unlimited calling to almost 60 countries
$29.95/month
Download our Comwave Mobile App!
3 Days Free Trial
1-866-519-8098
www.comwave.net

THE HOME OF THE GUN-TOTING NUT JOBS

URBAN COMPASS
Paul Sullivan
saskatoon@metronews.ca

When you're standing here in Saskatchewan, it's easier to see what's wrong and what to do about it.

Almost every day in America, it seems, some nutcase bristling with ordnance straps on a Kevlar vest, heads to the local mall, movie theatre or, now, elementary school, and writes his legacy in the blood of innocents.

U.S. authorities, who moved heaven and earth to respond to the threat of terrorism after 9/11, seem utterly impotent to prevent the threat from crazed citizens with guns. This is not just an impression. Startling statistics confirm it.

According to Harvard public-safety expert David Hemenway, cited in the New York Times, children between the ages of five and 14 are 13 times more likely to be shot to death than children in other industrialized nations.

There are 30,000 gun deaths in the U.S. every year, according to that same article. And here's the most extraordinary line: "More Americans die in gun homicides and suicides in six months than have died in the last 25 years in every terrorist attack and the wars in Afghanistan and Iraq combined."

And yet, almost any American can buy an assault rifle — especially since the U.S. law banning assault rifles expired in 2004 — and the ammunition to go with it. James Holmes, the guy who is accused of killing 12 people at a premiere of the Dark Knight Rises in Colorado, reportedly came to the party with 6,000 rounds, including 100-round clips for his .232 assault rifle. Prior to his assault, he spent $15,000 on guns and ammo and no one thought to ask what he wanted them for.

'Common-sense solutions'

You don't even have to ban guns— just make them harder to buy and operate than a ladder or a Smart car.

One gun dealer thought he probably got a discount for buying in bulk.

And the guy who killed all those poor little children last week allegedly killed his mom first, with her own assault rifle.

You have to think this is finally going to change. Instead of demanding their right to bear arms, people will demand the right to go about their daily lives without being taken out by the lone gunman who has declared war on the local mall.

You don't even have to ban guns — just make them harder to buy and operate than a ladder or a Smart car. There are many practical, common-sense solutions. Here in Canada, for example, there is a 28-day waiting period to buy a hand gun, and gun buyers need two people as references. Killers such as James Holmes would never be able to operate here.

Still, the Harper government is determined to dismantle the long-gun registry, a kind of friendly gesture to the gun lobby.

After the Sandy Hook slaughter, I'm surprised there is a still a gun lobby.

I'd like to see one of those Charlton Heston types from the NRA try to explain to parents of six-year-old Emilie Parker that guns don't kill little girls, people do.

Yeah, but they would not kill so many, many people if they weren't encouraged by lax gun laws to do so.

Feline find

Fossils unearthed believed to be from saber-toothed cat

Researchers say a pair of fossils unearthed in the hills north of Las Vegas belonged to a saber-toothed cat.

The Las Vegas Review-Journal reports that a team from California's San Bernardino County Museum identified the fossils dug up in June as being front leg bones from the extinct predator.

Kathleen Springer, the museum's senior curator, says the saber-tooth fossils are thought to be approximately 15,590 years old.

The discovery marks the first of its kind in the fossil-rich Upper Las Vegas Wash.

Springer says the bones of Las Vegas' only known saber-toothed cat are still being studied. There are no immediate plans to display them, but Springer expects that to happen eventually.

THE ASSOCIATED PRESS

How much is the doggie made of chains?

NIRIT LEVAV PACKER/REX FEATURES

Recycled animal art

Bicycle chains get upcycled into art

An artist has created a series of incredibly detailed life-size dog sculptures made entirely from bicycle parts.

Israeli-born Nirit Levav Packer's collection includes a full-size greyhound, cocker spaniels and other mutts constructed from recycled bike chains, gears, pedals and even bike seats.

METRO

Element of surprise

Metal mutts are not as tough as they look

At the beginning, Packer was pleasantly surprised that her creations weren't as fierce and hard as the chains of metal imply.

"The first dog I made was a Rottweiler, thinking that the rough edges of the broken metal pieces would loan to the dog's tough persona," she said. "But instead I was surprised to have created a sculpture that was more friendly and cute than intimidating." METRO

Emotional representation

Innermost thoughts shown through dog

In describing her artwork, Packer defines it as, "excitement, curiosity and fun."

"For me, this art is a reflection of my own emotions," Packer said.

"It's a representation of my thoughts from inside out. I love to weld metal, and these chains are not heavy; (they're) surprisingly soft and flexible. Out of all the materials I use — keys, nails, watches — metal is my favourite." METRO

Artist's viewpoint

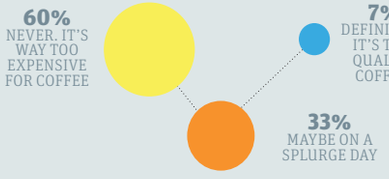
"The biggest challenge for me in this art is to capture the expressions that a real dog would typically make. Thankfully, this type of metal is very flexible."

Nirit Levav Packer, 49, of Tel Aviv

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you pay $6 for a cup of tall Geisha coffee from Starbucks?



Twitter

@jenpossy: White christmas is so beautiful i dont think i could imagin being anywhere else in the world #love #saskatchewan

@SKCDP: Anyone else see the snow rainbow in south #yxe ?

@_Finigan: The new 96.3 #yxe radio station better be heavy metal.

@heather_sk: Stunning blue sky and frosty trees in #yxe today.

@seanshaw: Irkutsk puts #yxe to shame when it comes to embracing winter. -35C today and the downtown was bustling. the secret? dress for the weather

@AtchisonDon: Fantastic! Our Saskatoon Blades have now won 6 in a row. What a team. We are all proud of you. #Blades #yxe

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Barry Paton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7 • **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca • **Letters to the Editor:** saskatoonletters@metronews.ca

Leslie Mann stars in This is 40, a movie directed by her husband, Judd Apatow. HANDOUT

Keeping it all in the family

This is 40. Leslie Mann talks about working with her children on movies directed by her husband and what middle age is like

NED EHRBAR
Metro World News

Leslie Mann has made quite the career in husband Judd Apatow's movies, playing characters not too different from herself in Knocked Up, Funny People and now This is 40. In fact, much of the squabbling between Mann's Debbie and Paul Rudd's Pete in This is 40 was cultivated at home, making the film a kind of marriage counselling for the parents of two.

"It's like what I would fantasize about saying to Judd," Mann explains. "Like Debbie can say these things to Pete, but Leslie can't really say these things to Judd. It's fun to have this character to live through."

The film also gives Mann another chance to act alongside daughters Maude and Iris. (Like in Knocked Up, Mann and Apatow's real-life daughters co-star as Mann's character's kids.) But there can be trouble when her older daughter tries to take her work home with her, Mann admits.

"It's fun for Maude because we don't allow her to curse at home. I know she does at school," she says. "So it was fun for her to be able to do that at work, which I didn't think was a great idea, but Judd thinks is funny. So that's fun for her. But then she gets home from work and she tries to say the F-word or whatever and we have to shut her down."

Even with Apatow's brand of bold, uncomfortable comedy, Mann says she's game for anything. Of course, she had to draw the line somewhere, but that point has nothing to do with humorous or embarrassing situations.

"The only thing that made me feel uncomfortable in this movie is a scene with Iris when I'm laying in bed with her because it felt a little invasive," Mann admits. "I don't know why, because I can do anything else, but that for some reason felt a little like it was crossing some boundary. Just because everyone was sitting there watching me with my little girl doing what I do with my little girl, and I didn't like that."

As for life after 40, the actress — who hit the milestone herself last March — has found it to be a mixed bag.

"I think every day is different. Some days I feel fine and other days I feel like crying all day," she says. "I have lunches with my girlfriends who just turned 40, and some of those lunches we're crying and screaming about our husbands and saying we want to leave them and run away, and then other lunches we're fine and love our husbands and are happy with our lives."

One thing is for sure, though: A sequel about turning 50 would likely be darker.

"I keep asking women who are a little bit older when is this going to pass, and they're like, 'It doesn't pass. It just gets worse,'" Mann says.

A little on Brooks

Albert Brooks on being a parent in Hollywood

- **Dad.** Albert Brooks, who plays Paul Rudd's leech of a dad in This is 40, knows that it can be uniquely difficult to be a parent in Hollywood — especially around awards season. "I've got kids who are 14 and 12, and you try to keep them from going to the actual movies when they go to the movie theatre, but then you let them watch screeners. So we all gathered around and watched Flight, and it prompted a discussion of cocaine that I never wanted to have."

visions
salon & spa
IS HAPPY TO INTRODUCE
JOY AMISTAD
EXPERIENCED STYLIST
FROM VANCOUVER!
Bring in a used coat to donate to the MUMFORD HOUSE (Woman and Childrens Shelter) and receive 50% OFF ALL hair services with Joy!
306-244-4443
402A 1ST AVE N.
VISIONSSALONANDSPA.COM

Robert Pattinson and Kristen Stewart

No awkward U.K. Xmas ahead as Stewart and Pattinson opt for L.A.

Robert Pattinson and Kristen Stewart will reportedly be spending the holidays together in Los Angeles, ditching an earlier plan to visit Pattinson's family in the U.K. for Christmas, according to E! News. It appears the earlier plan would've led to no small amount of awkwardness, as the Pattinson clan is reportedly still cross with Stewart over her summer cheating scandal. But the reconciled lovers are said to be in such a hurry to celebrate the holidays together that Stewart left the premiere party for On the Road in New York early to get back to California. "The couple will spend Christmas and New Year's together until he leaves on Jan. 8 to start filming his next project," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

L.A. Reid will not be back for X Factor's third season

THE WORD
Dorothy Robinson
scene@metronews.ca

Considering Demi Lovato and Simon Cowell's contentious behaviour and crazy-side-eyes on this season of The X Factor, it comes as some surprise that it's L.A. Reid who is the first casualty on the judge's panel. The stylishly-dressed music executive will not be coming back next season for the reality TV show.

"I have the utmost respect for Simon Cowell," Reid said Thursday in a statement. Reid claims he is going back to his job of running the Epic music label. "He is the very best, and I have had the opportunity to learn so much from him. Working with him on X Factor has been a once-in-a-lifetime experience. I'm honoured to have sat on the panel with such incredible talent. Of course, I will miss the show," Reid added. "In my opinion, Simon attracts the best talent, but I'm looking forward to getting back to my core business and the responsibility of running Epic Records."

Season 3 already has the go-ahead by Fox, but there's still no word on if Cowell's co-judges — Demi Lovato and Britney Spears — will be back.

Russell Crowe ALL IMAGES GETTY

Crowe denies reports and vows to 'bring family back together'

Russell Crowe is taking Page Six to task over reports that he's dating Katie Lee, ex-wife of Billy Joel, while he's separated from his own wife, Danielle Spencer.

"These latest reports are false and cruel," Crowe — who is currently filming A Winter's Tale in NYC and promoting Les Miserables — posted to Twitter.

"As soon as I finish this job and can get home, my priority is to try to bring my family back together."

Hugh Grant

Jon Stewart dubs Grant worst Daily Show guest, and actor accepts it

Jon Stewart recently revealed that Hugh Grant was the worst guest he'd ever had on The Daily Show and he would "never" be invited back, saying at the Montclair Film Festival last week that Grant was "giving everyone s— the whole time. He's a big pain in the ass." Well, Grant got the message, posting to Twitter, "Turns out my inner crab got the better of me with TV producer in '09. Unforgivable. J. Stewart correct to give me kicking."

Twitter

@jtimberlake
Seriously.... The whole Lower East Side of NY looks like Invasion Of The Drunken Santas! I'm not missing out on this next year...

@ElizabethHurley
Hate untangling Xmas lights ...

@kelly_clarkson
I'M ENGAGED!!!!! I wanted y'all to know!! Happiest night of my life last night! I am so lucky and am with the greatest man ever :)

@DanaDelany
Just home from work. Cold pepperoni pizza. Had to go for the red wine-cold rainy night of filming. 5am is like 5pm, right?

Family

We all have baggage

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

As more airlines impose fees for checked bags, travellers are looking for ways to stuff their carry-on bags full and into overflowing overhead bins. But are you really getting something for free?

The disadvantages to checking a bag is (sometimes) the financial cost, wait times at the baggage carousel or having the bag delayed or lost.

But with a carry-on, downsides include jumping up to wait in line and get on the plane early to secure a bin, (within at least a few rows of your seat) and then hefting a huge bag over your (and others') heads or having to ask

for help to do so.

You're also limited to only 100 millilitres of any liquid (this includes alcohol). Not to mention the jammed in, wrinkled clothes, not having just the right shoes and pulling the suitcase through miles of airport.

And the time you saved? Your checked in pals used it to read an extra chapter, have another glass or visit the washroom in the airport, prior to boarding. Just make sure you consider the real cost, carefully. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

Exclusively online

metronews.ca

All Mommy wants for Christmas this year is a photo of you with Santa in which you're not crying hysterically. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Of wish lists, undesirable gifts and handling high expectations

Holiday demands. Christmas is a time of year when it's important to manage your kids' high hopes

MARY SHELL
Metro World News in New York

Your children may have wish lists a mile long, but Denise Schipani, author of Mean Moms Rule: Why Doing the Hard Stuff Now Creates Good Kids Later, says that when it comes to gifts, more stuff under the Christmas tree isn't necessarily more satisfying.

"The holidays can be sensory overload for adults. It can be that way for your child, too," she says.

Feeling overwhelmed at your children's overwhelming holiday demands? It's up to you to manage their expectations. They can't temper themselves in the throes of the holidays.

"My kids still believe in Santa Claus, and they make their lists," she says. But Schipani makes sure her kids understand these are wish lists and not just a rundown of what they'll get. Choosing one thing from the list allows you to surprise your child, she says. "There's a way for them to feel excited about getting stuff without getting greedy about it."

You won't be a Grinch if your child doesn't get everything they desire — not everybody gets everything they want.

"And when your kids ask for something that's too extravagant, Schipani points to a chapter in her book titled: Say 'No.' Smile. Don't Apologize. Repeat as Necessary.

"It's not damaging to say, 'No,'" she reminds.

On the big day, tune in to your kid's experience and how he or she is reacting to unwrapping the gifts. If there's a tantrum or you see your child's eyes glaze over, take note.

"The reason they're doing that might well be that you've overwhelmed them," she says.

And it's equally important to notice when you see your child stop and really engage with a toy. It means you've given your child something he or she really enjoys — a gift that's probably sufficient on its own.

Finally, remember to set a good example for your kids and take opportunities throughout the year to remind them of the great things they already have.

Avoid cultivating a "more is better" attitude, she notes. "Model the behaviour that you want to see."

Your relatives

When you can't control the grandparents...

- **Meaningful gifts.** "There are relatives that are not going to listen, no matter what," Schipani says. But try having a conversation with family members before the holidays. Tell them to consider whether gifts are age-appropriate or whether a combination of quality time and a meaningful gift might be better for your child than an iPod or Xbox."

Pay attention to your kids' reactions as they open gifts. ISTOCK

Meatballs and Cranberry Marinara get the party started

This recipe makes 50 meatballs. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 425 F. Coat a rimmed baking sheet with cooking spray.

2. In a large bowl, combine the eggs, cilantro, jalapenos, garlic, fennel, oregano, onion powder, red pepper flakes, 2 teaspoons of salt and 1/2 teaspoon of pepper. Whisk until well combined. Add the ground beef, then mix gently until completely blended. Divide the mixture into 50 balls, using about 2 tablespoons of the mixture per ball. Arrange the meatballs on the prepared baking sheet.

3. Place the baking sheet in the oven and bake the meatballs for 20 minutes. Increase heat to broil and cook for another 1 to 2 minutes, or until lightly browned.

4. Meanwhile, in a medium saucepan over medium heat, combine the cranberry sauce and diced tomatoes. Bring to a simmer. Season with salt and pepper, and a splash of hot sauce.

5. When meatballs are done, arrange on a platter, then spoon the cranberry mixture over them. Serve with toothpicks. THE ASSOCIATED PRESS

Ingredients

- 3 eggs, beaten
- 1/4 cup finely chopped cilantro
- 1 tbsp finely chopped jalapeno slices
- 3 cloves garlic, minced
- 2 tsp fennel seeds
- 2 tsp dried oregano
- 1 tsp onion powder
- 1/2 tsp red pepper flakes
- Kosher salt and ground black pepper
- 3 lbs ground beef (93 per cent lean)
- 14-oz can whole berry cranberry sauce
- 15-oz can diced tomatoes
- Splash of hot sauce

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

What better snack to reach for than popcorn when watching those classic Christmas movies? Just watch those popcorn toppings.

Kernel's double-butter popcorn (9 cups)

1,380 calories / 42 g fat / 1,800 mg sodium
Double anything usually indicates a red flag. The butter really increases the calories and fat.

Equivalent

Nine cups of Kernel's double-butter poporn is equal in fat to 16 Rice Krispie Squares.

Kernel's butter salt popcorn (9 cups)

409 calories / 21 g fat / 352 mg sodium
The butter salt refers more to seasoning than butter amount as reflected in the calories and fat. Sodium is excellent by comparison.

Onion, Bacon & Cheddar Bites. Delectable appy

1. In bowl, whisk flour, baking powder, salt and pepper. In a large bowl, whisk eggs until frothy; whisk in milk. Fold in flour mix, stirring to combine. Fold in bacon, red pepper, cheese and onion.

2. Spoon a heaping 15 ml (1 tbsp) into well-greased mini-muffin cups. Bake in 230 C (450 F) oven until golden and puffed, about 15 minutes. Let cool on rack.

3. Topping: In bowl, mix sour cream and hot sauce. Spoon about 2 ml (1/2 tsp) topping onto each bite. Sprinkle with parsley and red pepper.

4. Cut each in half diagonally and arrange on platter. Serve with small bowl of sweet red chili sauce for dipping. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 425 ml (1 3/4 cups) all-purpose flour
- 10 ml (2 tsp) baking powder
- 2 ml (1/2 tsp) each salt and pepper
- 2 eggs
- 250 ml (1 cup) whole milk
- 4 slices bacon, cooked and crumbled
- 1 sweet red pepper, finely chopped
- 250 ml (1 cup) shredded cheddar cheese
- 125 ml (1/2 cup) minced red onion

Topping

- 50 ml (1/4 cup) sour cream
- 2 ml (1/2 tsp) hot sauce
- Minced fresh parsley and chopped sweet red pepper

Impress your guests with rich and creamy Crab Quiche Bites

This recipe makes 30 Quiche Bites. MATTHEW MEAD/ THE ASSOCIATED PRESS

When it comes to food, "recooked" isn't generally a term met with much affection. The dairy world, however, gives us a fine exception in ricotta cheese.

Ricotta — Italian for recooked — isn't exactly a stranger to most North Americans, who tend to love it in lasagna. But as cheeses go, its versatility is vastly underappreciated.

Ricotta got its name because it is made literally by recooking the liquid left over from making other cheese, often mozzarella. This is possible because when mozzarella or other cheeses are made, most, but not all, of the protein is removed from the liquid.

That leftover protein can be recooked and coagulated using a different, acid-based process. The result is a soft, granular cheese with a texture somewhere between yogurt and cottage cheese. The taste is mild, milky, salty and slightly acidic.

And that acid is key. When cheese is formed using acid, the proteins become heat resistant. In other words, the cheese doesn't melt. It heats wonderfully, but doesn't reduce to a pool of goo.

1. Heat the oven to 400 F. Arrange the phyllo cups on a rimmed baking sheet.

2. In a blender, combine the ricotta, eggs, garlic powder, salt and pepper. Blend until very smooth. Stir the crab meat into the egg mixture.

3. Carefully spoon a bit of the mixture into each phyllo cup, filling each about three-quarters full.

4. Sprinkle a bit of Parmesan over each cup, then bake for 15 to 20 minutes, or until the filling is set and starting to brown.

5. The quiche bites can be served hot, room temperature or chilled.

THE ASSOCIATED PRESS

Ingredients

- Two 1.9-oz packages frozen mini phyllo dough cups (15 cups per package)
- 1/2 cup part-skim ricotta cheese
- 2 eggs
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/2 cup crab meat, finely chopped
- Grated Parmesan cheese

The In-Credibility Factor

Name: Sarah Prevette
City: Toronto
Age: 30
Occupation: Founder and CEO of Sprouter

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Sarah Prevette has been hailed as one of the top entrepreneurs in North America. With her work profiled in the Wall Street Journal and Forbes magazine, Prevette is credited with assisting more than 100,000 start-ups around the world through her online company. Sprouter was acquired by the Post Media Network in 2011, but she still runs the company and has started a new venture called BetaKit that is focused on identifying emerging technology trends for Fortune 500 companies.

I knew I was on my way when ... someone came up to me and told me how Sprouter had affected their life. It was profoundly moving to have someone give credit to something you had built as a reason for their success. The incredible feedback from the community continues to be a motivating factor for all of us. I hope I can look back one day and say I acted on my ambitions and that I left the world a better place.

Leaving a legacy

"I hope I can look back one day and say I acted on my ambitions and that I left the world a better place."

Sarah Prevette
Founder and CEO of Sprouter

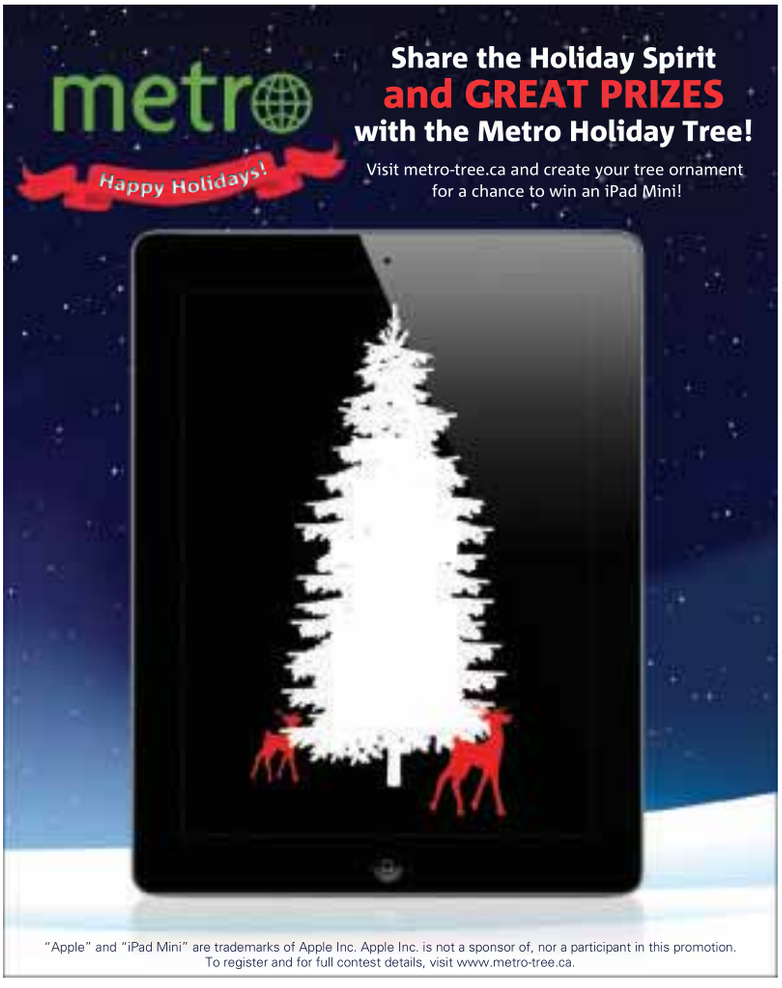
Action Plan

Don't isolate yourself
Get out early, get feedback and talk to your potential market.

Adjust your course
Iterate based on feedback from your potential market and understand it's a continuous evolution of your business.

Fall in love with the problem, not the solution.
Be focused on the core issue you are trying to solve. You can always change the solution. Don't get caught up in features and functionality.

Sarah Prevette. PROVIDED


metro
Happy Holidays!
Share the Holiday Spirit
and GREAT PRIZES
with the Metro Holiday Tree!
Visit metro-tree.ca and create your tree ornament
for a chance to win an iPad Mini!
"Apple" and "iPad Mini" are trademarks of Apple Inc. Apple Inc. is not a sponsor of, nor a participant in this promotion.
To register and for full contest details, visit www.metro-tree.ca.

NFL. Packers lock up NFC North with win over Bears

The Green Bay Packers clinched their second straight NFC North title with a 21-13 victory over the archrival Chicago Bears on Sunday.

James Jones caught all three touchdown passes thrown by the Packers' Aaron Rodgers. Green Bay has now won six straight in the NFL's oldest — and fiercest — rivalry.

The Packers (10-4) have won 12 straight against NFC North opponents, the longest streak in the NFL.

THE ASSOCIATED PRESS

Packers receiver James Jones celebrates one of his three touchdown catches on Sunday in Chicago. GETTY IMAGES

Toronto. Bills' game goes south as NFL heads north

Rookie Russell Wilson rushed for three TDs and threw for another while Earl Thomas returned an interception 57 yards for a touchdown as the Seattle Seahawks steamrolled past the Buffalo Bills 50-17 on Sunday in Toronto.

Seattle (9-5) earned its fifth win in six games and cemented its first winning season since going 10-6 in 2007. It also marked the second straight lopsided win for the Seahawks, who downed Arizona 58-0 last week. THE CANADIAN PRESS

Seahawks quarterback Russell Wilson runs into the end zone on Sunday. TORSTAR NEWS SERVICE

Broncos rumble to 9th straight win vs. Ravens

NFL. Denver gets win in Baltimore despite off game from QB Manning

The Denver Broncos no longer can be considered a notch below the best in the AFC, nor can they be viewed as a team that can succeed only when Peyton Manning puts up dazzling numbers.

Their 34-17 rout of the Baltimore Ravens on Sunday showed just how good these Broncos can be.

Chris Harris returned an interception 98 yards for a momentum-turning touchdown, and Denver cruised to its ninth straight victory in surprisingly easy fashion.

"You come to the Ravens' house and beat them handily, it's definitely a statement game," Harris said. "We definitely wanted to show to everybody that we're an elite team."

Manning threw for 204 yards and a score in his ninth consecutive win against Baltimore, the first with the Broncos (11-3).

But he was merely a role player in this one, because Denver's defence dominated the Ravens, who sputtered in their first game with Jim Caldwell as offensive co-ordinator.

This was supposed to be a test for Denver, which was eager to face a quality opponent on the road.

"Pat Bowlen has owned the team for 29 years and has averaged 10 wins a season, but it's the first time he's won in this building," Broncos coach John Fox said. "I was proud to see that for him."

THE ASSOCIATED PRESS

By the numbers

1

For three weeks, Baltimore has needed one win to clinch a fifth straight trip to the playoffs. The Ravens still lead the AFC North, but their lead over the Cincinnati Bengals has shrunk to one game with two to play.

Broncos defensive end Derek Wolfe tackles Ravens quarterback Joe Flacco on Sunday in Baltimore. GAIL BURTON/THE ASSOCIATED PRESS

WHL

Red-hot Stransky leads Blades past Kootenay

Matej Stransky scored twice as the Saskatoon Blades beat the visiting Kootenay Ice 5-2 on Saturday at Credit Union Centre.

The 19-year-old winger has now scored in seven straight games and has 10 goals in the process. In 34 games, Stransky has 21 goals and 43 points, which is good for second in scoring on his club.

Nathan Burns had a goal and two assists for the Blades (19-14-1), who have won five games in a row, and Darren Dietz had a goal and an assist.

Matthew Pufahl added a single goal for Saskatoon while Josh Nicholls chipped in with two assists.

Nicholls is on a six-game point streak, which includes seven goals and seven assists, and his 26 goals and 44 points in 33 games leads his club.

THE CANADIAN PRESS

Sandy Hook tragedy

NFL pays tribute to shooting victims

The New England Patriots silenced their "End Zone Militia" on Sunday night, paying tribute to the victims of the Connecticut school shooting by cancelling the traditional scoring celebration in which men dressed as Revolutionary War soldiers fire muskets into the air.

Two days after 20 children and six adults were shot to death at the Sandy Hook Elementary School in Newtown, Conn., the Patriots joined teams across the NFL that honoured the victims' memory by asking for a moment of silence.

THE ASSOCIATED PRESS

Cys matter: Jays working on trade for Dickey

According to reports, the Blue Jays have a deal in place to acquire National League Cy Young winner R.A. Dickey from the Mets. Dickey went 20-6 in 2012 with a 2.73 ERA. ALEX TRAUTWIG/GETTY IMAGES FILE

The Blue Jays' rumoured blockbuster acquisition of NL Cy Young Award winner R.A. Dickey seems to have come down to 72 hours of direct negotiation with the player.

After two days of intense talks, the Jays and Mets, according to a Fox Sports report, have an agreement in principle including seven players. The Mets have given Jays general manager Alex Anthopoulos until Tuesday at 2 p.m. to talk to the 38-year-old Dickey, who has one year left on his contract, and work out a two-year extension through 2015.

The knuckleballer is rumoured to be going to the Jays along with his personal catcher, Josh Thole, and an unnamed prospect for catchers Travis d'Arnaud and John Buck, pitcher Noah Syndergaard and another prospect.

D'Arnaud and Syndergaard are the No. 1 and No. 3 prospects in the Jays organization, according to MLB.com.

The Jays would likely pull out of any proposed deal if they could not work out the extension with Dickey. At the end of the season, the Mets picked up a club option on the knuckleballer for a very reasonable $5 million, but were looking to lock up the Nashville native for another two seasons. Foiled, they decided to explore a trade.

TORSTAR NEWS SERVICE

Upside out the door?

The 23-year-old d'Arnaud was due to arrive in the majors in 2013. He was the 2011 double-A Eastern League MVP, and was off to a terrific start in triple-A this year before suffering a torn left knee ligament in June.

- Noah Syndergaard, 20, was one of the Jays' big three pitching prospects at Lansing in the Class-A Midwest League, posting a 2.60 ERA in 103 2/3 innings with 31 walks and 103 strikeouts.

Horoscopes

Aries
March 21 - April 20
Thinking about what might have been is a complete waste of time. You will always get the chance to do things in the future that make up for what you did, or did not do, in the past. Why worry?

Taurus
April 21 - May 21
You are in a can-do mood at the moment and that's good because the planets indicate that if you make an effort, the results will be spectacular. Jupiter in the money area of your chart could make you a fortune!

Gemini
May 22 - June 21
Anything is possible if you want it enough — yes, anything. Identify what it is you most want to accomplish then just go for it, and ignore those who say you are being irresponsible. What do they know? Nothing!

Cancer
June 22 - July 23
If there is something you wanted to finish but for one reason or another failed to see through to the end, don't worry, you'll get another chance. Is it the last chance? Maybe not, but do you want to risk it?

Leo
July 24 - Aug. 23
You can sense that if you want to make changes to your lifestyle you are going to have to make them soon. You have spent enough time thinking and planning, now you must act. It's now or never.

Virgo
Aug. 24 - Sept. 23
Don't think about what you intend to do. Just do it and let the situation unfold according to its own momentum. The year is too old to make detailed plans. Just take each day, and moment, as it comes.

Libra
Sept. 24 - Oct. 23
Try not to tie yourself down to tasks and chores that can be done at any time. Jupiter in your fellow Air sign of Gemini urges you to be adventurous today. Go some place you have never been to before.

Scorpio
Oct. 2 04 - Nov. 22
It might be wise not to get too involved in something your friends are clearly enthused about. Don't worry that you might be missing out. On the contrary, you're making time for more important things.

Sagittarius
Nov. 23 - Dec. 21
It may be a bit too easy to lose your sense of perspective today as mind planet Mercury opposes Jupiter in your opposite sign. Something will annoy you for sure but you don't have to take it seriously.

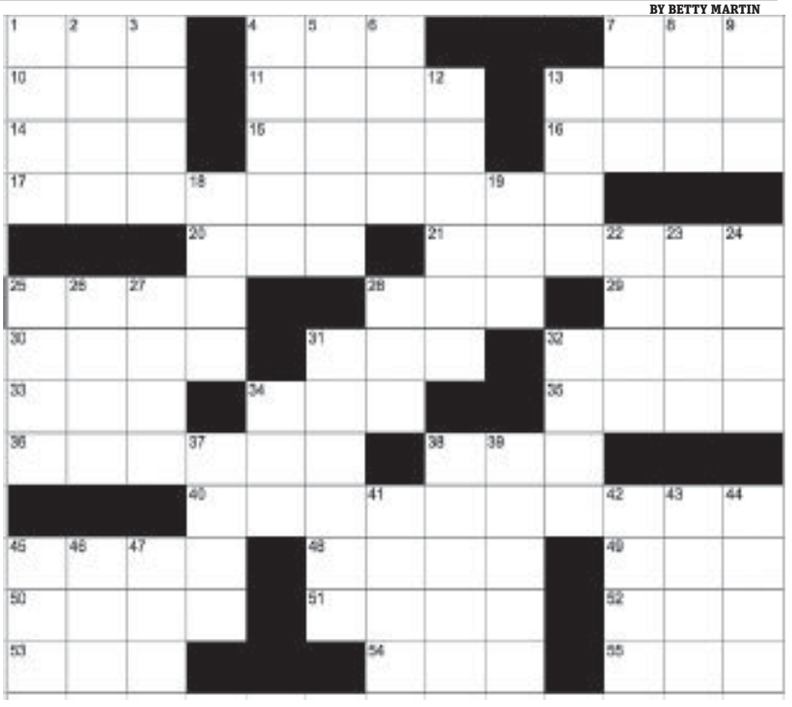
Capricorn
Dec. 22 - Jan. 20
You should be promoting yourself for all you are worth, not only because you are worth more than your rivals but because you have something valuable to offer. Leave your mark on the world and make it a big one.

Aquarius
Jan. 21 - Feb. 19
You won't lack for courage or confidence today but you must make sure they are well directed. This is the perfect time to take a creative endeavour to a higher level. Believe you can do it and you'll find a way.

Pisces
Feb. 20 - March 20
If you have promised to do something for a loved one then you must do it — immediately. Yes, of course, you did not realize that other factors would come into play but that's irrelevant. Promises must be kept. SALLY BROMPTON

Crossword

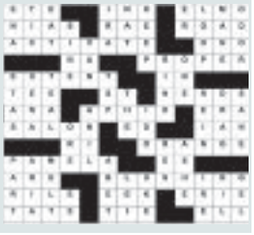
BY BETTY MARTIN



Across
1. Droop in the middle
4. Vacation spot
7. School org.
10. Airport listing
11. Fake fanfare
13. Gait
14. Follower (suffix)
15. Strong handsome horse
16. "Panic —"
17. On the up and up
20. Matter, in law
21. Aftershock
25. Take from the top
28. L.A. Law actress Susan —
29. Gardner of Hollywood
30. Zing
31. Nickname for comedian Bill
32. Shut the door forcefully
33. Founded (abbr.)
34. Touch lightly
35. Jazz great Fitzgerald
36. Front runner
38. Dutch city
40. Give a hand to
45. Group
48. Dublin's land
49. The Naked Truth actress Leoni
50. — of Green Gables
51. Squeal
52. Flub
53. To soak
54. Snake sound
55. Unruly crowd

Down
1. Leave port
2. Comic actor Johnson
3. "Little Miss Sunshine" actor Kinnear
4. Aver
5. French capital
6. Sandler or Baldwin
7. In favour of
8. — Close for Comfort
9. Banking machine (abbr.)
12. Wanes
13. "A — Grows in Brooklyn"
18. Take the creases out
19. Attempt
22. Shopping mecca
23. Racetrack shape
24. Hindu deity
25. Rod accompaniment
26. Threat ending
27. Computer input
28. Speck
31. Kind of beetle
32. Grain
34. Vigor
37. Title for Judi Dench
38. Noblemen
39. Some showdowns
41. Perjures
42. Discussion point
43. Roman Emperor
44. Clothing
45. Road surface
46. Compass bearing (abbr.)
47. Picnic pest

Friday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

6			5	1	3			2
					2	7		
	1	2	4			6		
1	8		7		9	3		4
2								9
7		3	8		4		5	6
		5			7	9	6	
		1	2					
8			3	9	5			1

Sharability

easy hard

FFUN >> Saskatoon Hyundai
PRE-OWNED SUPERSTORE

FFUN Assured Pricing

FFUN ASSURED PRICE - Every week our inventory is price checked against the competition. We always rank in the top 5 best prices based upon equipment levels, kilometers and reconditioning!

VERY BEST RECONDITIONING - Our inventory is subject to a reconditioning process that is second to none! Making sure that your ownership is trouble free and does not lead to expensive hidden costs.

COMPLETE DISCLOSURE - We share ALL of the information on your vehicle with you before you buy - Car Proof, Reconditioning Report, Origin and Claims History.

FFUN / HYUNDAI GUARANTEE - Your peace of mind is assured by both the FFUN Motor Group and the Hyundai Factory Warranty enabling us to be there for you long into the future.

FFUN EXPERIENCE - Our goal is to take the time to understand your journey; help you select the very best vehicle to suit your lifestyle, and provide you with the easiest and most FFUN way of taking ownership.

FFUN >> CERTIFIED PRE-OWNED

CERTIFIED

CarProof VEHICLE HISTORY REPORTS

HYUNDAI CERTIFIED PRE-OWNED
RATES AS LOW AS 1.9%
Extends your existing coverage with up to 3 YEARS OR 60,000 kms additional HYUNDAI Factory Warranty.

2011 Hyundai Santa Fe GL AWD

Heated Seats, Remote Start, Power Seats, Sunroof, Low Kms, Side Steps, Alloy Wheels, USB and iPod Input, Fog Lights

~~$29,995~~ $29,388
or just $192 bi-weekly
SAVE $607

2008 Hyundai Santa Fe GL AWD

PST Paid, Great Fuel Economy on this SUV! Silver on Grey Interior, Heated Seats, Cruise Control, V6 Power

~~$19,995~~ $19,388
or just $158 bi-weekly
SAVE $607

2010 Hyundai Santa Fe GL AWD

Smooth Ride - Great on Gas! Heated Seats, Alloy Wheels, USB and iPod Input, Fog Lights

~~$20,995~~ $20,388
or just $150 bi-weekly
SAVE $607

2013 Hyundai Sonata GLS

Sunroof, Heated Seats, Alloy Wheels, Power Seat, Bluetooth, Premium Cloth Seats

~~$23,995~~ $23,388
or just $154 bi-weekly
SAVE $607

2012 Hyundai Elantra Touring GL

Very Low Kms, Tinted Windows, Heated Seats, Tons of Cargo Space!

~~$18,995~~ $18,388
or just $118 bi-weekly
SAVE $607

2010 Hyundai Elantra GL

PST Paid, Well Maintained, Power Options, AC, Cruise Control, Heated Seats

~~$15,995~~ $12,888
or just $99 bi-weekly
SAVE $3,107

Price / payments exclude all applicable taxes and fees. DAC, EOE

NO HASSLE, NO FUSS... JUST FFUN

659-6000 | saskatoonhyundai.com
2035 Idylwyld Drive North, Saskatoon, SK
FIND US ON FACEBOOK

HYUNDAI